

# 2006 HEALTHFEST REGISTRATION FORM

Name \_\_\_\_\_ Bldg. \_\_\_\_\_

Life # \_\_\_\_\_ E-mail \_\_\_\_\_ Ext. \_\_\_\_\_

_____ Fitness Walk	<b>Thursday, October 5</b>	12 noon – 1 p.m.
_____ Massage	<b>Friday, October 6</b>	11 a.m. – 2 p.m. (contact Michael Thorn, Ext. 8612 or mthorn@bnl.gov)
_____ Bike Ride	<b>Friday, October 13</b>	12 noon – 1 p.m. (bring your mountain bike and wear your helmet)
_____ Home-Water Testing	<b>Tuesday, October 17</b>	11 a.m. – 2 p.m. (bring a water sample in a quart-sized glass jar)
_____ Fitness Run	<b>Thursday, October 19</b>	12:05 p.m. – 1 p.m. Age: _____ Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
_____ Biathlon Swim	<b>Wednesday, October 25</b>	12 noon – 1 p.m. (you must also sign up for the Fitness Run)

Please send your completed form to Michael Thorn, Bldg. 490.



## 2006 HEALTHFEST MONTH

BNL'S CELEBRATION OF HEALTH, FITNESS, AND SAFETY!

**Thursday, October 5**  
12 noon – 1 p.m.

Fitness Walk — 2-mile walk with your co-workers at your own pace, starting across the street from the Science Education Center, Bldg. 438, and going to the Upton Forecast Office of the National Weather Service and back. Participants will receive a 2006 Healthfest T-shirt (supplies are limited). To register, complete the form at the top of this flyer.

**Friday, October 6**  
11 a.m. – 2 p.m.

Massage Day — in Berkner Hall, Bldg. 488. Enjoy a 10-minute massage by a licensed massage therapist, by appointment only. To schedule one of the limited number of massage appointments, first-come, first-served, contact Michael Thorn, Ext. 8612 or mthorn@bnl.gov.

**Wednesday, October 11**  
11:30 a.m. – 1 p.m.

Blood Pressure Checks by OMC nurses — in Berkner Hall, Bldg. 488. Available first-come, first-served.

**Friday, October 13**  
12 noon – 1 p.m.

Mountain Bike Ride — 8-mile ride, with a 5-mile alternate route, along BNL's fire-breaks, starting at the gazebo next to the ball field. Bring your own mountain bike; bike helmets are required to be worn. Participants will receive a 2006 Healthfest T-shirt (supplies are limited). To register, complete the form at the top of this flyer.

**Tuesday, October 17**  
11 a.m. – 2 p.m.

Health, Fitness & Safety Fair — in Berkner Hall, Bldg. 488. Displays, information, drinking-water taste-testing, home-water sample-testing, free raffles — and much more. To register for the home-water sample-testing, complete the form at the top of this flyer.

Safety Day — at Berkner Hall, Bldg. 488. See safety demonstrations and displays, including a mock smoke situation, CPR, blood pressure checks, fatal vision goggles, personal protective equipment, industrial hygiene — and more. You can also spin the wheel and attempt to answer questions correctly to receive prizes at the ISM "Wheel of Fortune" game.

**Thursday, October 19**  
12 noon – 1 p.m.

Noon Health Lecture — *The Essentials of Sleep: Everything You Need to Know about Sleep*, by Marta Maczaj, M.D., Medical Director for Psychiatry, Stony Brook University Hospital Sleep Disorders Center; in Berkner Auditorium, Bldg. 488. To register, contact Linda DiPierro, dipierro@bnl.gov.

12:05 – 1 p.m.

Fitness Run — 5-kilometer (3.1 mile) run around the site, starting at Biology, Bldg. 463. The run counts as the first half of the Healthfest Biathlon; the biathlon swim is scheduled for Wednesday, October 25 (see below). Participants will receive a 2006 Healthfest T-shirt (supplies are limited). To register, complete the form at the top of this flyer.

**Tuesday, October 24**  
11 a.m. – 1 p.m.

Fitness Open House — at the gym and pool, Bldg. 478.

11:30 a.m. – 1:30 p.m.

400-yard Swim — at the pool, Bldg. 478. You must be 18 or older to participate. Participants will receive a 2006 Healthfest T-shirt (supplies are limited). Registration not required.

**Wednesday, October 25**  
11:30 a.m. – 12:30 p.m.

800-yard Biathlon Swim — at the pool, Bldg. 478. You must be 18 or older to participate. To determine biathlon results, the 800-yard swim results will be combined with results of the Fitness Run, so you must also sign up for the run. To register, complete the form at the top of this flyer.





# 2006 HEALTHFEST MONTH

## BNL'S CELEBRATION OF HEALTH, FITNESS, AND SAFETY!

BNL's annual health, fitness and safety celebration will be held during the entire month of October. Therefore, we again invite you to participate in the range of events and activities that are described on the reverse side of this flyer. Based on your feedback from last year, we are combining the Health, Fitness & Safety Fair and Safety Day into one event.

New for Healthfest 2006 is a grand prize raffle for a George Forman grill and rotisserie combo. Everytime you participate in a Healthfest event, you get one chance for the raffle. The more events you participate in, the more chances to win. The grand prize winner will be chosen at the end of Healthfest. And, back by popular demand is the ISM "Wheel of Fortune" game, through which you can test your knowledge of safety and receive prizes.

Once again, Healthfest month is a time when we encourage you to take responsibility for your personal health, fitness and safety. We hope you will take part in the Healthfest raffles, blood pressure checks, safety demonstrations, fitness events, and the ever-popular health, fitness and safety fair. Stop by and check out the exhibitor's displays and demonstrations during Healthfest! Several new exhibitors have been added including acupuncture & Chinese herbal medicine, Best Bargain Book, Club Veg, Seafield, St. Charles Rehabilitation, and Stony Brook University Hospital Sleep Disorders Center.

Also, during Healthfest 2006, look for the healthy daily specials, including vegetarian dishes, available at the cafeteria managed by Nayyarsons. We look forward to seeing you and your co-workers throughout October at Healthfest 2006!

Sincerely yours,

**Michael Thorn and Denise DiMeglio**  
of the Human Resources and Occupational Medicine Division,  
co-chairs of Healthfest 2006

### FAIR EXHIBITORS

Aetna  
Acupuncture & Chinese herbal medicine  
American Heart Association  
Benefits Office  
Best Bargain Book  
BERA/Recreation  
CIGNA Healthcare  
Club Veg  
Community, Education, Government & Public Affairs  
Curves  
Davis Vision  
Diabetes Resource Coalition of Long Island  
Diversity Office  
Employee Assistance Program  
Environment & Waste Mgmt Services Division  
Fidelity Investments Tax-Exempt Services  
HIP Health Plan of New York  
Long Island Blood Services  
Long Island Groundwater Institute  
LIPA  
Long Island Transportation Management  
NY State Organ & Tissue Donor Registry  
Seafield  
Social Security Administration  
St. Charles Rehabilitation  
Stony Brook University Hospital Sleep Disorders Center

### FAIR EXHIBITORS (continued)

Suffolk County Office of the Aging  
TIAA-CREF  
United Way of Long Island  
The Vanguard Group  
Vytra Health Plans  
Water Treatment Facility of the Plant Engineering Division  
Weight Watchers of Suffolk

**BLOOD PRESSURE CHECKS** courtesy of  
The Occupational Medicine Clinic

**MASSAGE** provided by  
Nicole Bernholc, LMT  
Mary Flammer, LMT  
Lisa McDermott, LMT  
Susan Safari, LMT

**SAFETY DAY** offered by  
Emergency Services Division  
Environment, Safety, Health and Quality Directorate  
Safeguards & Security Division

**FRUIT** for the athletic events provided by Nayyarsons

**WATER STATIONS** for the athletic events provided by  
Water Treatment Facility of the Plant Engineering Division  
Community, Education, Government & Public Affairs Directorate